

LIFEDOCK CHI ME

GENTLE MOVEMENT FOR WELLBEING

Chi Me is one of our most popular and well-loved programmes. This gentle yet effective exercise class combines easy-to-follow movements with mindful breathing, promoting a deep sense of wellbeing along with a wide range of physical benefits.

Who is it for?

Chi Me is specially designed for older adults and individuals with limited mobility or health conditions. It's also ideal for those in pain management programmes, people seeking mental health support, people living with or recovering from cancer or anyone looking to improve mobility and reduce their risk of falls.

Become a Chi Me Leader

Our two-day, Level 2 Accredited Chi Me Leader Training Course gives you the skills to deliver this empowering program to the people you support. Whether you're a healthcare professional, community leader, or carer, you'll gain the confidence to guide others toward better health and wellbeing through Chi Me.

Why Chi Me?

There is growing evidence that tai chi-inspired exercises can help:

- Improve heart health
- Boost the immune system
- Enhance brain function
- Strengthen muscles
- Improve reflexes
- Increase mobility
- Support those living with or recovering from cancer
- Reduce pain from arthritis and musculoskeletal conditions.

Dates: Thu 19 & Thu 26 Mar 2026

Time: 10:00 am – 4:30pm

Location: Shaftesbury Community & Recreation Centre
97 Balfour Ave, Belfast
BT7 2EW

